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# West Nile Virus

## WHAT ARE WE DOING?

As of September 6, 2012, Bell county has recorded seven human cases of West Nile Virus (WNV) with two resulting in death. Carl R. Darnall Army Medical Center's Environmental Health Services (EHS), along with the Directorate of Public Works (DPW), help keep Fort Hood residents informed of vector borne diseases through its installation monitoring program. The experts at CRDAMC EHS conduct annual mosquito/sand fly surveillance in all areas of Fort Hood to include main post, West Fort Hood, North Fort Hood and BLORA. Monitoring is conducted annually, generally from mid-April through the end of October, depending on weather related issues. For our mosquito/sand fly surveillance, we use the US Centers for Disease Control and Prevention's (CDC) light traps and gravid traps (shown below). Our control is focused on the detection of breeding sites and mechanical correction or application of non-toxic larvicides.

The need for mosquito control at Fort Hood by widespread spraying is not anticipated due to the hot dry weather conditions. If this should change, a public notice will be published before area wide spraying occurs in housing or unit areas.

How does the installation monitoring program work? Gravid and light vector traps are set overnight based on a monitoring schedule outlined by EHS. Samples are collected in the morning, identified by genus and shipped to the lab at U.S. Public Health Command-South at Joint Base San Antonio for disease testing. Results are shared with the Texas Department of State Health Services and records are kept on file with EHS.

What are the symptoms of West Nile virus infection? Most people who are infected with WNV, about 80%, will not show any symptoms at all. Less than 20% of people experience mild flu-like symptoms between 3 and 14 days after they are bitten by an infected mosquito. In a small number of cases, less than 1%, the disease is much more serious and can cause encephalitis, particularly among the elderly and those with weakened immune systems. Encephalitis is an inflammation of the brain. It is marked by rapid onset of severe headache, high fever, stiff neck, disorientation, muscle weakness, paralysis, coma, and even death.

What Can I Do? There are many ways you can protect your home and yourself from vector borne disease & viruses:

1. Apply insect repellent that contains DEET. 30% DEET for adults and 10% for children older than 2 months. Make sure you read and follow the manufacturer's directions for use. Spray clothing as well as exposed skin. Do not spray pets.

\*Note: It is military policy that the DoD Insect Repellent System and other personal protective measures (PPMs) be utilized by service personnel when they are in situations where insect exposure is likely.

2. Dress in long sleeves and long pants when you are outside.

3. Try to stay indoors at dusk and dawn, the times when mosquitoes are most active.

4. Eliminate all standing water in your yard. Check old tires, flowerpots, children's wading pools and rain gutters. Change water in pet bowls, birdbaths and children's pools once a week. Larvae can survive in water the size of a bottle cap!

If you see these traps in your area, DO NOT TAMPER.  
Surveillance is in progress.



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